



**Every Tuesday in May (2, 9, 16, 23, 30)**

**5:30 –6:30 p.m.**

**Thrive Event Center, DBM, South Sacramento**

***Dance your way into summer with the latest Wellness University on-campus exercise series, ZUMBA!***

Zumba is a high energy dance fitness program that incorporates Hip Hop, Samba, Salsa, Merengue, Belly Dancing, Reggaeton and other world beats.

Open to KP employees & physicians, Zumba is fun, easy to follow and a fantastic workout. All fitness levels are welcome.

Wear comfortable clothes, bring a towel and water – and most importantly, get ready to have a great time.

For each class you attend, you will earn 1 Wellness University credit toward great rewards.

For questions or more information  
visit [www.kpwellnessu.org](http://www.kpwellnessu.org),  
email [Employee-Wellness-SSC@kp.org](mailto:Employee-Wellness-SSC@kp.org),  
or call (916) 525-4820.

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WELLNESS UNIVERSITY